

## **PHYSICAL FITNESS ASSESSMENT (PFA)**

1. PFA. The PFA (BCA and PRT) is part of a total health, physical fitness, and readiness program. Categories and levels for physical fitness and body fat percentage identify standards against which a member may assess physical readiness strengths and weaknesses. Goals based on standards promote development of an individualized fitness program that fosters improvement beyond what is minimally acceptable. The "Probationary" standard represents the minimum acceptable performance standard. All naval personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

### 2. Purpose of PFA

a. Provide members with goals to promote basic physical fitness, health, and readiness.

b. Provide commanding officers a means of assessing the general fitness of command members.

### 3. PFA Components

a. BCA. Body composition is assessed by

(1) An initial weight and height screening.

(2) A Navy-approved circumference technique to estimate body fat percentage.

b. PRT. PRT is a series of physical activities designed to evaluate factors that enable members to perform physically. Factors evaluated are

(1) Flexibility via sit-reach.

(2) Muscular strength and endurance via

(a) Curl-up.

(b) Push-up.

(3) Aerobic capacity via

- (a) 1.5-mile run/walk, or
- (b) 500-yard or 450-meter swim.

#### 4. Scheduling of PFA

##### a. Approximately 15 weeks before date of PRT

###### (1) Establish dates for PFA components.

(a) Dates for PFA components shall be selected in consultation with commanding officers.

(b) Dates shall result in completion of member's PFA at least 4, but not to exceed 8 months since member's last PRT.

(c) Select alternate dates for members who cannot participate in components due to poor weather, Temporary Additional Duty (TAD), leave, holidays, etc.

(d) Reserve swimming pool (if necessary).

###### (2) Select and train assistants in

(a) Physical Readiness Program data completion.

(b) Proper body composition assessment techniques.

(c) Proper warm-up, cool-down, and exercise event procedures.

(d) Administrative procedures.

##### b. No less than 10 weeks prior to scheduled date of PRT

(1) Release official directive to command announcing official test dates.

(2) Verify member's Preventive Health Assessment (PHA) was completed within past year. If not, refer to medical department.

(3) Conduct preliminary (courtesy) BCA. Results shall not be used to establish whether or not members meet BCA

standards for the administrative actions required by this instruction. If members fail to meet BCA standards and no documentation exists of prior medical evaluation for exceeding BCA standard, members shall be referred to the medical department.

(4) Verify member's periodic physical examination is current. If not, refer to medical department.

(5) Schedule CPR certification for PRT monitors and assistant CFLs.

(6) Develop PRT safety plan (enclosure (4)).

(7) Confirm arrangements and suitability of site, CPR support, lifeguards, equipment availability, etc. Coordinate with MWR or other recreational services, if necessary.

c. Eight weeks prior to scheduled date of BCA and PRT ensure members have confirmed medical department appointment for evaluation for those who:

(1) Do not have a current PHA or periodic physical examination or,

(2) Have exceeded BCA standard (for the first time in career) during courtesy BCA.

d. Normally within 10 days of, but absolutely not less than 24 hours prior to member's participation in PRT (Drilling Reservists comply with reference (b)):

(1) conduct BCA.

(2) Ensure members who did not have current PHA or current periodic physical examination have been or are being evaluated by medical department.

(3) Enter BCA measurements into PRIMs.

(4) Provide Navy Weight Control Self-Study Guide (reference (e)) to any member who fails to meet body composition standards. This self-study guide is available online at website

[www.mwr.navy.mil/mwrprgms/missup.htm](http://www.mwr.navy.mil/mwrprgms/missup.htm) or  
<http://n11.navsup.navy.mil>.

e. Day prior to conducting PRT

(1) Consult with the commanding officer regarding cancellation criteria and procedures.

(2) Review safety plan and other procedures with assistant CFLs.

(3) Confirm site, equipment, safety, and test personnel, etc. are available.

f. Day of PRT

(1) Prohibit tobacco use at site.

(2) Ensure drinking water is readily available at test site and all members are well hydrated before and after PRT.

(3) Prohibit participation of all ineligible members.

(4) Ensure environmental conditions (temperature, humidity, storm conditions, etc.) are safe.

(5) Ask members about general health. Specifically ask the following pre-physical activity questions:

(a) Has a health care provider ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

(b) Do you feel pain in your chest when you do physical activity?

(c) In the past month, have you had chest pain when you are not doing physical activity?

(d) Do you lose your balance because of dizziness or do you ever lose consciousness?

(e) Do you have a bone or joint problem that could be made worse by a change in your physical activity?

(f) Is your health care provider currently prescribing drugs (for, example, water pills) for your blood pressure or heart condition?

(g) Have you taken any over the counter medications or nutritional supplement/performance enhancers in the past week?

(h) Do you know of any other reason why you should not do physical activity?

(6) Prohibit participation if recently recovered from a cold, flu, or other illness, or health changes that have occurred since completing PHA. Review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) and counsel participant to withdraw from test if symptoms occur.

(7) Conduct exercise events after warm-up and stretching is completed.

(8) Notify workplace supervisors of member's participation.

g. One to 3 weeks following PRT

(1) Enter PRT results into PRIMIS.

(2) Provide command and members with PFA results for

(a) Inclusion in FITREPs and EVALs.

(b) Appropriate career counseling.

(c) Recognition of significant improvement or superior performance.

(d) Issuing of counseling and notification letters.

(e) Sending documents to NAVPERSCOM (PERS-31 or PERS-834).

(f) Sending injury reports to COMNAVSAFECEN.